CLAIMS:

1. A method of providing a heated food product comprising: pre-forming food product into a portion having a substantially uniformed pre-determined thickness; sealing the food portion into an envelope formed from a film to produce a package, at least one of the seals of the package being peelable under conditions of elevated temperature and pressure within the envelope to vent the envelope during heating; placing the package between the plates of a clam-shell heater; closing the plates of the clam-shell heater to contact both major faces of the package; heating the food product in the clam-shell heater; removing the food product and envelope from the clam-shell heater; removing the food product from the envelope; and discarding the envelope.

2. A package for carrying out the method of claim 1, the package comprising: a food product contained within a sealed envelope of film material, the envelope comprising a first structural layer and a second coating layer, the coating layer being heat sealable to seal the envelope, the seals being peelable at a predetermined temperature and internal pressure to vent the package during heating.

3. A package according to claim 2 wherein, in addition to the structural layer and the coating layer the film comprises a further layer, preferably a further structural layer of PET.

4. A package according to claim 2 or claim 3 wherein a layer of pigment or indicia is laminated within the film material.

5. A package according to any of claims 2-4 wherein the first structural layer is of PET.

6. A package according to any of claims 2-5 wherein the envelope has a longitudinal

sealed seam and transverse end sealed seams and is of generally pillow-like configuration.

7. A package according to any of claims 2-6 wherein the envelope is made in-situ around the food product.

8. A package according to any of claims 2-7 wherein the food product is cooked before the envelope is formed.

9. A package according to any of claims 2-8 wherein the film remains intact at temperatures of up to at least 425°F.

10. A package according to any of claims 2-9 wherein the package is deep frozen.